

1304 SOUTHPOINT BLVD., STE. 280
PETALUMA, CA 94954 USA



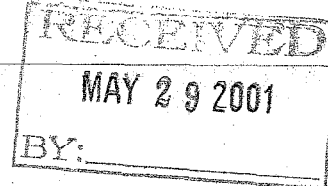
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May 22, 2001

Office of Special Nutritionals (HFS-450)
Center for Food Safety and Applied Nutrition
Food & Drug Administration
200 C Street SW
Washington DC 20204

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Notification for Certain Types of Statements on Dietary Supplements

This serves as notification that:

Spectrum Essentials, a division
Of Spectrum Organic Products, Inc.
1304 South Point Blvd.#280
Petaluma, CA 94954

Markets (intends to market) dietary supplement products with the following statements:

These statements are made on the Spectrum Essentials Lifestyle Lipids formula Menopause Balance label:

Combines herbs and essential fatty acids to promote balance for women experiencing common and physical emotional changes related to menopause, pre and post-menopause. Menopause Balance contains GLA (gamma linolenic acid) rich omega-6 organic borage oil to support hormonal balance and omega-3 rich organic flaxseed oil to support the immune system. The formula also includes soothing herbs such as Wild Yam Root to support hormonal balance, Black Cohosh Root to nourish physical and emotional well being during menopause and Black Haw Bark to support muscle relaxation.

These statements are made on the Spectrum Essentials Lifestyle Lipids formula Cycle Balance™ label:

Lifestyle Lipids Cycle Balance™ combines herbs and essential fatty acids to promote balance before, during and after the menstrual cycle. Cycle Balance contains GLA (gamma linolenic acid) rich omega-6 organic borage oil to support hormonal balance and omega-3 rich organic flaxseed oil to support the immune system. The formula also includes soothing herbs such as Dong Quai Root which promotes a regular menstrual cycle, Black Cohosh Root to nourish physical and emotional well being during PMS and Chaste Berry for overall healthy menstrual cycle.

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These statements are made on the Spectrum Essentials Lifestyle Lipids formula Flax Relax™ label:

Lifestyle Lipids Flax Relax™ combines herbs and essential fatty acids to promote sustained balance and calmness in this fast paced world. Flax Relax™ contains GLA (gamma linolenic acid) rich omega-6 organic borage oil to support hormonal balance and omega-3 rich organic flaxseed oil to support the immune system. The formula also includes soothing herbs such as Passionflower calms irritability and promotes balanced nerve energy, Damiana Leaf to ease tension and stress and Black Haw Bark promotes peaceful relaxation.

Spectrum Organic Flax Borage Oil label reads:

Spectrum Essentials Veg-Omega 3 Organic Flax Borage oil provides a combination of unrefined organic flaxseed oil and unrefined organic borage oil with omega-3 and omega-6 essential fatty acids plus 770mg of gamma linolenic (GLA) per serving. This great source of GLA supports a healthy hormonal balance for women.

Spectrum Essentials labels which include claims have the FDA disclaimer and box required by DSHEA regulations.

I certify that the information contained in this notice is complete and accurate, and that the above named company has substantiated that the statements are truthful and not misleading.

Sincerely,

A handwritten signature in cursive script that reads "Karen Valentino".

Karen Valentino
Marketing Manager